

## **Title IIID**

### **Health Promotion and Disease Prevention**

#### **Examples of Qualifying Activities**

The following are examples of activities that qualify to be funded through Title IIID. These ideas are “Best Practices” for Title IIID services. Even small AAAs that receive very little funding can create big results using innovative plans:

#### **Fall Prevention**

- Health professionals like Public Health nurses or Physical Therapists can assess risk for falls and refer clients to services.
- Provide home repairs and modifications to prevent falls - linoleum/carpet; low rise steps; ramps; grab bars, etc.
- Sponsor a fall prevention program to purchase and install safety equipment in the homes of at risk seniors.

#### **Physical Exercise**

- Fund physical exercise classes, warm water therapy programs, community education, health screening, neuromuscular therapy.
- Promote strength training classes using Dynabands.
- Provide strength training exercise programs at mobile home parks.
- Sponsor classes for osteoporosis prevention at senior centers. Purchase pedometers for participants.
- Offer exercise in the home for homebound Home Delivered Meal (HDM) participants
- Provide health and exercise information to Brown Bag recipients.
- Develop an intensive exercise/nutrition education program that runs for three to six months.

#### **Nutrition Counseling**

- Provide individual nutritional assessments by Registered Dietitians to seniors who score 6 or higher on the National Nutrition Screening tool or who are diabetics.
- Provide bone density screening and nutrition counseling at senior centers.

#### **Collaboration and Health Screening**

- Develop a partnership with various community agencies to increase access to vision services.
- Develop and distribute Fact Sheets on health topics at health fairs.
- Publish a quarterly newsletter with a health focus.
- Establish a Healthy Aging task force.
- Support a community collaborative which is focused on nutrition and physical fitness. Assure that senior needs are addressed.

- Sponsor health promotion activities at senior centers and nutrition sites which include screening, information, and classes on high blood pressure, diabetes, smoking cessation, nutrition, medication management, health education, physical fitness, falls prevention, foot, hearing, vision/eye, and dental care.
- Provide annual health screenings, with monthly follow-up counseling and educational activities. Include detailed tracking of clients to measure its success in providing preventive health support to at-risk individuals. Collected medical information enables programs to track its success in providing preventive health support to at-risk individuals.
- Sponsor a comprehensive health promotion program, which consists of health screening (including a full lipid profile), community education, and individual counseling. Focus on establishing program sites in low-income, minority and rural communities.
- Sponsor health screenings which include; glucose, vision, hearing, alcohol abuse, depression, hypertension, cholesterol, memory loss, movement disorders, gait and balance. Health education, counseling and referrals services can be provided. The program can provide field practicum and internship opportunities to medical residents, advanced nursing, pharmacology, social work and gerontology students.
- Use local public access or government cable television channels/stations to develop and air senior health information journals or news magazines to promote healthy active lifestyles. Use it to air exercise classes for seniors including chair exercises for homebound elders. Use it to announce upcoming health related events.
- Develop programs that are targeted to ethnic or specific cultural groups. Provide information in languages of the participants.
- Develop and distribute fact sheets on various health related topics and information on medical services through the Info Van.

## **Emergency Assistance**

- Emergency Response System (ERS) This provides the client with an alert button as a pendant or wrist attachment. Pressing it connects them with an operator that can summon emergency help as needed. Clients have an improved sense of safety, and are able to continue to be active within their home, knowing they can summon help as needed.
- Purchase refrigerator magnets for seniors from HDM and Linkages clients to list their medications and keep in a conspicuous place for emergency responders.
- Purchase and distribute vital health packets (replaces the Vial of Life).